

SUFFOLK CORONAWATCH BULLETIN

Dear all,

Welcome to the Coronawatch Bulletin. This bulletin provides an update on the current Covid-19 situation in Suffolk along with updates on the work being carried out as part of Suffolk's Local Outbreak Control Plan.

With best wishes,

Clr Matthew Hicks, Leader of Suffolk County Council
Chair of the Suffolk Local Outbreak Engagement Board

Nicola Beach
Chief Executive, Suffolk County Council

Stuart Keeble, Director for Public Health in Suffolk
Chair of the Suffolk Health Protection Board

CORONAVIRUS IN SUFFOLK

Update

Suffolk Cases

As of 20 January there have been **23,158** total lab-confirmed cases of COVID-19 in

Suffolk. In total there have been 3041.7 cases of COVID-19 per 100,000 people. This is the second lowest overall COVID-19 case rate in the East of England.

District case rate as of 20 January 2021

Area name	Daily Cases reported	Weekly Cases reported	Weekly case rate*	Wk on wk trend*	Cumulative cases	Cumulative case rate	National Rate Rank (of 315)
▲							
Babergh	20	330	405.3	↓	3,247	3528.00	259
East Suffolk	88	974	412.1	↓	6,755	2707.80	291
Ipswich	48	683	548.5	↓	5,733	4187.30	209
Mid Suffolk	34	337	329.2	↓	2,580	2483.30	299
West Suffolk	55	535	309.4	↓	4,843	2704.90	292
Suffolk	245	2,859	400.3	↓	23,158	3,041.7	
East of England	3,720	31,108	528.3	↓	307,875	4,937.0	
England	35,061	267,687	497.3	↓	3,057,670	5,432.3	

From 2 July, the number of lab-confirmed positive cases now includes those identified by testing in all settings (pillars 1 and 2). Pillar 2 refers to tests in commercial labs working in partnership with the NHS. Previously, only Pillar 1 confirmed cases were included (tests completed in NHS labs). Due to this change many cases previously not attributed to any area are now included in area totals. This is not a recent surge in cases – the cases now being reported occurred from April onwards. As the quality of this data continues to improve, these numbers may continue to fluctuate over time, but overall, case numbers and case rates in Suffolk remain low compared to the East of England and England as a whole.

Overview

A new national lockdown in England began on Wednesday 6th January for an indeterminate period. The national COVID-19 alert tiers are suspended while the national lockdown is in place.

In the week to the 20th January there were **2,859** new lab-confirmed cases of COVID-19 in Suffolk. This number has fallen compared to the previous week.

The underlying rate of new weekly cases in Suffolk has decreased and is now at 400.3 cases per 100,000 people. This rate remains below the rates for the East of England region (528.3 / 100,000) and for England as a whole (497.3/ 100,000).

In total, up to the 8th January, there have been 879 deaths in Suffolk where COVID-19 was recorded on the death certificate. There have been 67 COVID-19 related deaths in the last 7 days up to 8th January.

The estimated 'R' value for the East of England is between 1.0 and 1.3, the range has decreased in the last week, but is largely similar to the 'R' value for England (1.1– 1.3).

Weekly Cases and Rates

COVID-19 cases are identified by taking specimens from people and sending them to laboratories around the UK to be tested. If the test is positive this is referred to as a lab-confirmed case.

In the week 13th January – 20th January there were **2859** new lab-confirmed cases of COVID-19 in Suffolk. This is a slight decrease on the previous week.

It is possible to calculate a case rate by dividing the number of cases by the number of people in a given population – this makes it possible to compare cases across different areas. The most recent underlying weekly case rate in Suffolk was 400.3 cases per 100,000 people. This case rate is slightly down on the rate from the previous week although Suffolk's rate are the second lowest weekly COVID-19 case rate in the East of England.

In the last week of reported data up to 20th January there have been 300 cases in Babergh, 974 cases in East Suffolk, 683 cases in Ipswich, 337 cases in Mid Suffolk and 535 cases in West Suffolk. All areas have slightly decreased in cases since last week.

Regional 'R' Number and growth rate

What is the R number? R represents the average number of onward infections that will be generated by a single infectious individual. R tells us if the epidemic is getting bigger (>1) or smaller (<1) but now how large the epidemic is overall, and therefore shouldn't be used as the sole indicator of the threat posed by an epidemic at any single point in time. R cannot be measured directly, and there is always uncertainty about its exact value.

The current estimated regional 'R' numbers are below – the East of England currently has one of the higher rates in England. (Source: University of Cambridge MRC Biostatistics Unit).

Region	R value	Growth rate % per day
East of England	1.0 to 1.3	0 to +4
London	0.9 to 1.2	-2 to +3
Midlands	1.2 to 1.4	+2 to +6
North East and Yorkshire	1.1 to 1.3	+2 to +5
North West	1.2 to 1.5	+3 to +7
South East	1.0 to 1.2	-1 to +3
South West	1.2 to 1.5	+4 to +7
England	1.1 to 1.3	+1 to +4

Death Registrations to 8th January 2021

In Suffolk, there have been 879 deaths which mention COVID-19 in total. There have been 67 COVID-19 deaths in the most recent week of data. Currently deaths due to causes other than COVID-19 are occurring at similar levels compared to the five year average for Suffolk.

Contact Tracing

The majority of contact tracing as part of test and trace in Suffolk is being done by Public Health England and the NHS Test and Trace Service, with the Suffolk Public Health team involved in some more complex cases. In the data as of 19th January, 82.9% of Suffolk cases had completed the test and trace process in the last 7 days, with 82.2% of all Suffolk cases having completed test and trace since the programme began. 93.4% of Suffolk contacts of cases have completed the NHS test and trace process in the last 7 days, with 85.4% of all Suffolk contacts of cases having completed test and trace since the programme began.

Coronavirus cases in care homes

In line with government guidelines are reporting weekly on the number of outbreaks within Suffolk care home settings, that Suffolk County Council has been made aware of. An outbreak is classed as a care home with two or more cases. These figures are listed on area basis and will not include the details of any specific care homes. These figures include care homes, extra care housing and supported housing. As a notifiable disease, care homes are required to report any potential or confirmed cases of Coronavirus to Public Health England (PHE) in order that this can be captured as part of the national reporting processes and also for PHE to provide advice and guidance on infection control. Care providers are under no obligation to report suspected or confirmed cases to the county council.

Care providers with outbreaks						
	14/12/2020	23/12/2020	30/12/2020	04/01/2021	11/01/2021	18/01/2021
Babergh	7	6	7	9	9	8
East Suffolk	7	4	4	6	12	17
Ipswich	7	7	7	7	8	8
Mid Suffolk	1	3	3	3	4	5
West Suffolk	2	4	3	4	7	9
Total	24	24	24	29	40	47

Number of deaths involving Covid-19 occurring in care homes over the last three weeks

	31.12.20	Change from last week	08.01.20	Change from last week	15.01.20	Change from last week
Suffolk	278	6+	286	8+	313	27+
Norfolk	232	17+	257	25+	313	56+
Cambs+ Peterborough	191	3+	205	14+	225	20+
Essex	382	18+	415	33+	484	69+
Hertfordshire	363	6+	385	22+	442	57+

SUFFOLK LOCAL OUTBREAK CONTROL PLAN UPDATE

Vaccination update

Each week health colleagues at the Suffolk and North-East Essex care system (SNEE) send out an update on the vaccine role out in Suffolk.

This update can be found [here](#).

Tonight they are hosting a community event for local people to have an opportunity to ask questions to local experts about vaccines and other current health care issues. The online session will start at 6pm via the SNEE webstie www.sneevaccine.org.uk

New home schooling resource 'a godsend'

A new digital resource has been launched to help parents and carers build exercise into the daily routines of children being home schooled during lockdown.

Providing information about, and access to, a host of curriculum-based and other popular resources, the resource brings together, in one place, everything parents could need to bring exercise into the home in a fun and engaging way.

Produced as part of the popular Keep Moving Suffolk campaign, it responds to data showing that activity levels of children and young people have fallen significantly during

lockdown prompting fears of a long-term impact on their physical and mental health and wellbeing.

The new resource can be found at www.keepmovingsuffolk.com/home-schooling.

Free workshops to help parents support the emotional wellbeing of their child during the coronavirus pandemic

The last year has been extra stressful, especially if you're a parent. As we live through another lockdown it's normal and entirely understandable if you're feeling overwhelmed, frustrated, worried or exhausted about the situation. If you're struggling, you are not alone. Norfolk and Suffolk NHS Foundation Trust are running a series of online workshops to help you.

The first in a series of online workshops; surviving lockdown mark 3, will explore how we make sense of what we are all experiencing. It will consider the most significant challenges posed by the pandemic for both parents and young people (including anxiety and low mood) while also thinking about the most helpful ways to manage these challenges.

You can book onto the workshop on Monday 25 January at 1pm or 6pm; or Tuesday 26 January at 6pm or 7.15pm by emailing admin.pst@nsft.nhs.uk

These workshops are designed to provide advice and guidance on how best to support your child's mental health. They will last one hour and will be recorded so anyone unable to attend can still access the content.

The workshops are being run by Dr Beth Mosley's psychology in schools team; made up of clinical psychologists and senior psychotherapists who have worked in specialist mental health services. The team also have a series of podcasts and blogs on the Norfolk and Suffolk NHS Foundation Trust [YouTube channel](#) which parents may find helpful.

SUFFOLK

RESILIENCE FORUM UPDATE



Keeping traders and their customers safe - don't invite COVID-19 into your home

Customers and traders are being reminded how to help one another stop the spread of COVID-19, when carrying out work on homes and businesses.

Traders such as plumbers, electricians and gardeners are permitted to carry out work on homes or business premises under lockdown restrictions, but Government guidance and common sense apply.

One in three people may have COVID-19, but not be showing any symptoms. This means that traders or customers could be feeling well, but still unknowingly transmit the disease to each other unless they take sensible precautions.

There are simple steps to follow, to stop the spread of the virus when having work done:

- Traders and customers to agree in advance what work will be done and what precautions need to be taken
- Traders should not enter a customer's property unless they have to, for example to access the electricity mains supply or carry out necessary internal work
- Traders and customers should wear a facemask where appropriate and maintain appropriate social distancing
- Make sure that areas of work are clean both before and after, as well as agreeing how rubbish and waste will be removed.

The Government has published more detailed information on its website:

[Guidance for people working in, visiting or delivering to other people's homes.](#)

Continue to show restraint this weekend

Suffolk Constabulary is reminding communities across the county to continue to adhere to the latest lockdown measures this weekend and ensure everyone is supporting the cause to save lives and protect the NHS.

56 people were fined for breaching lockdown rules over the three day period from Friday 15 Jan to Sun 17 Jan inclusive, and 39 people received warnings. Of these, on the Saturday and Sunday 45 fines were issued along with 30 warnings. In the rest of the week (Mon 11 Jan to Thur 14 Jan) 31 FPNs and 81 warnings were issued.

The incidents include one where a group who had travelled from Essex and Kent to Suffolk to ride each other motocross bikes off road, at a quarry behind Walderingfield on 17 January. 10 FPNs were issued in this case.

The force will continue to engage, encourage and explain first, but where people are blatantly flouting the rules officers will issue fines and that approach will continue over the coming weeks.

The message is simple - stay as local as possible to where you live. Where people are breaching the regulations and they are away from home without a reasonable excuse, they may be issued with a FPN.



UK Cases

As of 4pm on 20 January 2021 a total of **3,505,754** people have tested positive for COVID-19 in the UK (either lab-reported or lateral flow device). **93,290 have died** (within 28 days of a positive COVID-19 test) across all settings in the UK. You can view the latest UK dashboard and cases by local authority [here](#).

In the UK during the last 24 hours there were **38,905** new cases and **1820** deaths.

Current UK Alert Level: 5

On 04 January 2021 the [update from the UK Chief Medical Officers on the UK alert level](#) was that the UK COVID-19 alert level has been raised from level 4 to level 5.

The COVID-19 epidemic is in general circulation, transmission is high and rising exponentially and there is a material risk of healthcare services being overwhelmed.

STAY HOME > PROTECT THE NHS > SAVE LIVES	
UK COVID-19 Alert Level	Description
5	A COVID-19 epidemic is in general circulation; transmission is high or rising exponentially and there is a material risk of healthcare services being overwhelmed
4	A COVID-19 epidemic is in general circulation; transmission is high or rising exponentially
3	A COVID-19 epidemic is in general circulation
2	COVID-19 is present in the UK, but the number of cases and transmission is low
1	COVID-19 is not known to be present in the UK

The current Government messaging is *'Hands, Face, Space'* (previously *'stay alert, control the virus, save lives'* and *'stay at home, protect the NHS, save lives'*)

Hands: wash your hands regularly and for 20 seconds.

Face: Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

Space: Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).



National News

COVID-19 related news from GOV.UK

- [COVID-19 vaccinations and community-based social care workers](#): Information from the Minister for Social Care to local authority chief executives and directors of adult social services care providers.
- [Asymptomatic testing to be rolled out across the country starting this week](#): Community testing offer to be expanded across all local authorities in England to test people without symptoms.
- [January 2021 findings from COVID-19 study published](#): Initial findings from Imperial College London and Ipsos MORI show infections increased by 50% from early December, with 1 in 63 people infected.
- [REACT-1 study of coronavirus transmission: January 2021 interim results](#): Results of real-time assessment of community transmission of coronavirus (COVID-19) during January 2021.

BBC

- [Monklands ICU staff are 'physically and emotionally' drained](#): There may be some signs that Scotland's latest surge in hospital admissions may be easing. But it is not over.
- [Coronavirus: TfL crackdown on passengers not wearing masks](#): To combat the minority of passengers who refuse to wear masks, Transport for London (TfL)

has increased its policing across its network through a squad of 500 enforcement officers.

- [Covid smear-test delays prompt calls for home HPV tests](#): Smear-test delays during lockdown have prompted calls for home-screening kits.
- [Will the vaccine stop you spreading Covid? And other questions](#): Some questions and answers about the roll-out of the vaccination, new international travel rules and school closures.
- [Covid: England's virus levels 'may have risen in January'](#): Scientists tracking the spread of coronavirus in England say infection levels in the community may have risen at the start of the latest lockdown.

BBC Global News

- [Coronavirus: French students highlight pandemic's mental health toll](#): French students have planned a series of protests on Wednesday to draw attention to the rising mental health problems many say they are suffering as a result of the coronavirus pandemic.
- [Tunisia youths warned over riots amid Covid curfew](#): Protesters who broke a coronavirus curfew to continue riots for a fifth night have been warned by Tunisia's prime minister to stop their violence.
- [Covid: Israel vaccine fears 'out of context and inaccurate'](#): Israel, one of the top countries when it comes to vaccinating against Covid-19, bought large stocks of the jab in exchange for acting as the world's guinea pig.

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